The field of behavioral gerontology involves the application of behavior analytic principles to aging-related issues. Over the past 50 years, behavior analysts have demonstrated that behavioral deficits and excesses in aging can be affected by environmental factors and behavior analytic services can improve the health and quality of life of older adults. A growing body of literature examines the use of behavior therapy and cognitive behavior therapy to address multiple clinical issues such as anxiety, paranoia, depression, sexual dysfunction, and sleep disorders. Other studies focus on increasing activity, exercise, and hydration as strategies to maintain health and wellness. Finally, many studies examine strategies to manage problematic behaviors of those with dementia, with recent studies applying functional assessment and function-based treatment for aggression, wandering, and disruptive vocalizations. Many services for older adults are delivered by caregivers who are either loved ones or paid staff, and several studies illustrate procedures for training family members to implement behavioral interventions, while others address organizational issues and staff training needs to improve quality of care and promote client independence in long-term care settings. This bibliography is a non-exhaustive list of relevant publications that might prove useful to practitioners interested in the topic.

References


